

Older People's Mental Health Service

OPMHS

Mental Health problems in older people can be complex in their presentation and management. They can include depression, anxiety, confusion, behavioural symptoms and psychosis. And they can be further complicated by medical and social issues.

Older People's Mental Health Service (OPMHS) have the specialist clinical knowledge and skills to manage these issues across a range of service settings.

Mental Health Line
1800 011 511 

The logo for the Mental Health Line, featuring a stylized human figure with a glowing orange and yellow head, set against a dark blue background.

Older People's Mental Health Service (OPMHS) provide a comprehensive range of community based and inpatient mental health services across the Central Coast (Gosford and Wyong Local Government Areas). OPMHS are part of Mental Health Services, Central Coast Local Health District.

These specialist services are multidisciplinary and include specialist psychiatrists, nurses and a range of allied health professionals including psychologists, occupational therapists and social workers with expertise in mental health problems affecting older people. The types of services provided by OPMHS include:

- Assessment, treatment & care planning;
- Counselling, support & therapy for specific problems;
- Support & education for carers & families;
- Consultation & collaboration with local doctors & other aged care services;
- Education about mental health problems in older people;
- Health promotion, prevention and early intervention.

Your local contact is:

Older People's Mental Health Service (OPMHS)
Central Coast Local Health District